**Integrity**

**February Worship Services**

(Sundays at 10 AM)

Feb 5—Is It True? Necessary? Kind? -- The Sufi proverb headlining our Communications Covenant calls these the three gates to speech. Rev. Barnaby reflects on what each has to do with living a life of integrity.

**Worship Note:** Join Rev. Barnaby downstairs after this worship service for Winter CommUUnion, a unique quarterly CVUUS ritual that honors our movement's Christian forebears' love of Jesus in rituals blended with pagan traditions. It also celebrates all prophets, known and unknown.


Feb 19—Divine Deceit -- Lying gods are a staple of most religious traditions, including the Judaism and Christianity out of which Unitarianism and Universalism arose. Rev. Barnaby reflects on what UU’s are to make of that.

Feb 26—An Islamic View of Integrity— Guest speaker Naila Baloch, Middlebury College Assoc Chaplain and Muslim Advisor.

**SAVE THE DATE!**

**Thursday Date Night, Feb 2 & 16**

Let’s Build More Love Gala, Sat March 18, 5:30 pm

Being Mortal, Tues, March 21, 6:30 pm

Class & Race Conversation Workshop, Sat Apr 8

**BLM Ally Group Welcomes You**

Mon. Feb. 13, 5:30 pm, Sanctuary

The CVUUS Black Lives Matter Ally Group (BLM) has organized for action. To get involved, come to our next meeting or contact Judith Lashoff or Piper Harrell. We meet the 2nd Monday of each month at 5:30 pm in the sanctuary. See more inside!
Words from Rev. Barnaby:

Our theme for February is integrity. I can't claim that I or anyone on the worship team foresaw when we chose it last spring that it would be so newsworthy right now. Yet here we are trying to make sense of our calling now that our nation is led by a President for whom, in the words of his ghost writer on his best-seller *The Art of the Deal*, “Lying is second nature.” That writer, Tony Schwartz, went on to say, “More than anyone else I have ever met, Trump has the ability to convince himself that whatever he is saying at any given moment is true, or sort of true, or at least ought to be true.”

I invite you to pay particular attention to the words “more than anyone else I ever met.” We are not Trumps, but we all have the tendency to over-estimate the truthfulness of what we are sensing and saying, especially when we are under pressure. No wonder all religions are grounded in human struggles to grasp truth.

We come together in part because we know, either consciously or intuitively, that truth is often hard to define and live by without the support of a community. A community like CVUUS offers each of us the wisdom of much broader life experience than we have as individuals. It also brings us into contact with neighbors committed to helping each other (to quote our purpose statement), lead lives of “meaning, integrity, and service.”

I think integrity implies not just honesty but a kind of wholeness in which all of our gifts can work together to build more love. And mostly it happens in such little ways that we don't notice anything other than that it feels good. Take my experience at the Women's March in Montpelier. As many of you remember from my December service following the 2016 winter sleep-out by the Falls to raise money for the John Graham Homeless Shelter, I announced that I would be retiring my aging cardboard chalice box after three years of sleeping in it. I asked what I should do with it. Joanna Colwell suggested that I use it to make protest signs. If you look downstairs for the box today, you'll find one side of it gone. I don't know yet what will happen with the remainder, but what's missing was transformed into a sign that says “Standing on the Side of Love.” I carried it in Montpelier. All afternoon, it warmed me not just with its testimony but also as a reminder of all the little ways that your wisdom and love help me lead a life of integrity.

Blessed be, Rev. Barnaby

3rd Sunday Congregational Conversation

(Following worship service in the Sanctuary)

Join us after worship service each third Sunday of the month for a conversation about a topic of interest to congregants. On Feb. 19 we will inquire again about social justice (see page 6 and cvuus.org/justice for our many activities). In the last months we have talked about our ground floor and relationship with money, our relationship with the holidays, the meaning of membership, and followed up on our classism workshop. Please join us any third Sunday, and let Council of Ministries’ Colleen Brown or Steve Maier know if there are future topics you would like to explore.
February Thoughts from Your Membership Ministry

Your Membership Ministry Team sends out warm and loving wishes for February 2017. In these uncertain and worrisome times, we can at least count on the gradual arrival of warmer and sunnier days, along with other miracles of the changing seasons. Many of us have also discovered the sustenance to be shared and developed in the spiritual community that is CVUUS. Of late, more visitors are able to make that discovery for themselves, with our help. That includes friendly greetings, tasty hospitality, and heart-to-heart conversations. And yes, it all works better when we remember to wear our name tags, for those initial connections, as well as to help jog our memories as needed. (And if someone catches me on a Sunday morning without a name tag, they will get a small prize!) If you need a new, or a replacement, name tag, you can sign up for one at the Visitors' table.

Soon we will be planning for the Spring "New UU" classes, for any who want an improved understanding of our denomination, whether or not they are considering membership. If interested, contact Rev. Barnaby or Marjorie Carsen, and also take a look at the assorted pamphlets in the foyer and help yourselves. The classes serve both learning and making new friends. More specific information will be forthcoming.

Being part of a community where we share our joys and sorrows is a blessing to be grateful for, even as we also share awareness of how much work needs to be done in this world, with others who have the will to "be the change" that is needed.

Blessings and gratitude, Marjorie Carsen, Membership Ministry Chair

Let’s Build More Love!

The Ground Floor Capital Campaign team is busy organizing for this spring’s campaign to raise money to finish the ground floor of the sanctuary building. We are going forward with two distinct goals: $850,000 for the project, and 100% participation on the part of CVUUS members! If everyone gives what they can (pledges over three years, stocks and bonds or other appreciated assets), the financial goal is definitely in reach, and the effort shared among us all will strengthen our community. The result will be more space—and more love—to share among ourselves and with our friends and neighbors as well.

The Campaign Team is meeting weekly now, and welcomes your input at any point. Trainings for visitors (canvassers) will be on the mornings of both February 18 (earlier is better) and March 18 (9-12), conducted by our consultants at Full Harvest Fundraising, Peter Heinrichs and Susan Lewis. To volunteer, contact Kate Gridley (kmgridley@gmail.com) or Connie Leach (connieleachvt@comcast.net). And our hope is that many of you will be official visitors. Here is what is involved: Attend one of the trainings (last year’s was a blast). At the end of your training, you will be canvassed and make your pledge. Then you will make up to — but no more than — four visits. That’s it. The visits are fun and interesting and also help to build community. You talk with your fellow congregants about the project and about CVUUS, and then ask how they would like to be involved.

On the evening March 18, our campaign Let’s Build More Love celebration gala will inspire us all to go for our goals. Catered, great music, kid-friendly; and nursery care provided. More visits will follow, and the campaign will be completed by the time of our annual meeting in June. With the results in hand, the congregation will vote on how and when to proceed. Assuming success, our architects and the Design Team will work on final plans, with opportunities for further congregational comment. If all goes well, construction could begin in January, 2018.

Watch this space, and the weekly email blast, and soon a skit or two on Sunday mornings, for more information and inspiration. Contact the team at any time at groundfloor@cvuus.org. In times like these, building more love is the best thing we can do.
RE THOUGHTS

There are many ways to resist and fight and many of you are doing that right now.

Take your kids along.

Physically and metaphorically. Take them. If it’s possible. Tell them what’s going on, in language they can understand, in a way that’s not too scary but that is honest. Tell them why it matters to you and ask them if they would like to come.

This is how we raise kids that will make the world a better place and fight for what’s right. This is the best kind of RE - Religious Exploration - because it’s real. This is a Time for All Ages in real life. Invite them be part of the protests and social action. They can make signs, write letters, address/decorate envelopes, walk, march, sing, chant, shout.

It takes energy, time, bravery and hope to show up, protest, be loud, and disrupt what shouldn’t be happening. We want our kids to become adults that do these things. Who are brave, who are loving, who are FIERCE. Who feel they can stand up. Who know they can speak out. So we need to let them practice.

Take your kids along.

~ Poppy, your Director of Religious Exploration

FEbruary for Children and Youth ~

FEB 5: SPIRIT PLAY, HARRY & UU
COMING OF AGE/ANY 7th-8th GRADERS 10-11:15 am with Poppy  Protesting 101 – share what we want to speak out about and make signs for display (and perhaps for future marches and rallies)
OWL 10-11:30  Fenn Chapel
YOUTH GROUP  4-6 pm

FEB 12: MULTIGEN SERVICE – Share the Love Sunday! Kids stay in service! Rev. Barnaby and Poppy Rees lead an interactive exploration of the power of young and old, together, to “Stand on the Side of Love.” (this is RE except for the OWL kids)
OWL 10-11:30  Fenn Chapel
YOUTH GROUP  4-6 pm

FEB 19: RE FUNDAY - Protesting 101 for kids  Share what we want to speak out about and make signs for display (and perhaps for future marches and rallies). Led by Poppy. Start in main service, then out for all-ages time.
COMING OF AGE with Rev. Barnaby and Mentors  4-5:30

FEB 26: SPIRIT PLAY, HARRY & UU

For more information, contact
Director of Religious Exploration
Poppy Rees re@cvuus.org

Kids for Kids made fleece blankets for Charter House.
Social Action Updates

February “Share the Plate” Donee

Unitarian Universalist Association Affiliates

In February we will share our plate with four UUA affiliates. These donations will give us an opportunity for growth and action provided by the numerous "mission-oriented" organizations supported by the Unitarian Universalist Association.

**Feb 5. Church of the Larger Fellowship** is the largest Unitarian Universalist congregation in the world. It is an online spiritual home where Unitarian Universalists can find supportive UU fellowship and words to inspire and comfort.

**Feb 12. UU-United Nations Office** is the UU voice at the UN advocating for international human rights and giving voice to the voiceless by promoting the inherent worth and dignity of all living things. Chris Mason is the CVUUS "ambassador" to the UU UNO.

**Feb 19.** Donation to the **newest UU Congregation** which is Benton County, Arkansas.

**Feb 26. College of Social Justice** provides service and learning opportunities, especially for young adult UUs at home and abroad.

Please speak with anyone on Donation Ministry to suggest an organization you would like CVUUS to support: Jason Duquette-Hoffman, Parker (Monty) Montgomery, Bob Johnson, Ashleigh Hickey, Rev Barnaby.

Ask Bobbi Loney about **Kids for Kids** service projects.

April—Addison County Parent Child Center
May—Pride Center of VT

January’s collection raised **$1283** for the **Committee to Protect Journalists**

*Thank you for your generosity!*

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**Clean out your closets and raise funds for CVUUS!**

Bring your used clothing to **Neat Repeats** and give them the CVUUS account number (108). It’s easy way to raise funds for the CVUUS budget while also helping people who are in need of reasonably priced, good clothing. Donations are tax-deductible.

**Donate items to WomenSafe!**

Look for the WomenSafe heart-wrapped box in our sanctuary lobby near the welcome table. WomenSafe is especially in need of large bars of soap, deodorant, tampax with applicators, Pampers, hairbrushes and combs. They can also use toothbrushes and toothpaste, face cloths and towels, shampoo and conditioner, baby dolls and stuffed animals, gift cards and gift certificates to local laundromats, restaurants, hair salons, etc. Thanks so much!!
How Would You Like to Stand for Justice?

**Black Lives Matter Ally Group** CVUUS Black Lives Matter Ally Group organized last fall and adopted a structure of 3 teams and a steering committee led by Piper Harrell and Judith Lashof. It meets on the second Monday of the month at 5:30 pm in the sanctuary. We will discuss focusing our work more tightly on understanding and responding to the African American experience of racism, on white privilege and on institutional racism. The agenda includes an update on opportunities to work with other local justice groups and discussion of the article “The Sugarcoated Language of White Fragility” (http://huffpost.com/us/entry/10909350).

BLM Ally Group worked to ban the sale of Confederate flags at Addison County Field Days, supported community forums on our justice system, and discussed Bryan Stevenson’s *Just Mercy: A Story of Justice and Redemption*, which was the UUA Common Read in 2015-2016. To get directly involved in action, join one of our teams by contacting the team leader or come to one of our monthly meetings. See more at cvus.org/justice/black-lives-matter-ally-group.

**Migrant Support:** Do you wish to understand and assist our migrant farmworkers? The Addison County Farmworkers Coalition invites you for a check-in meeting Wed, Feb 15, 4:30 pm in the Sanctuary to debrief on the How to Be an Ally for Migrants training and Mexican Consulate Visit hosted by CVUUS and others in December. There has been a hope that the How to Be an Ally training will be repeated and expanded and that there may be future speaker events or screenings of related documentaries such as *Dying to Live*.

**Refugee Resettlement Support:** The first Syrian families arrived in Rutland. If you intend to help in the Rutland Vermont Refugee Resettlement Program (VRRP) office, please pick up a copy of US Commission for Refugees and Immigrants Volunteer Application in the Sanctuary coat rack area, or ask Laura at the CVUUS office to mail you one. Ask Abi Sessions about being added to an email list to receive regular updates on needs or visit cvuus.org/news.

**Addison County ICAN (Interfaith Climate Action Network):** We’ve started a Standing for the Earth Vigil the first Saturday of each month from 10:30-11:30 am at the Middlebury Town Green (fountain). All welcome to join us on Feb 6. Bring signs as you see fit. Thanks to all who participated in the Active Hope Workshop in January. More will follow. ICAN meets the third Thur of each month at 8:30 am, at Weybridge Congregational Church. All welcome to our next one on Thurs Feb 16.

Visit cvuus.org/justice for a full list of ways that CVUUS participates in advancing justice through action and monthly donations.

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**Have You Discovered CVUUS LIBRARY yet?**

Our CVUUS library includes many wonderful *social justice* books. Check out the children’s book collection in Fenn House chapel, and our adult library collection in the sanctuary meeting room and basement. Feel free to borrow any of these books, including ones on UUA monthly reading lists! For more information about our library, see CVUUS web site’s library page under Learning or contact Artley Wolfson, awolfson@middlebury.edu.
Night Sky Wonders for February

Venus is the “star of the planets” this month. Venus reaches its brightest bright, shining in the southwest evening sky at -4.6 magnitude. Magnitudes numbers mean that the brightness of the object decreases as magnitude numbers increase, and conversely, the lower the magnitude number, the brighter the object. Negative numbers are very bright.

Jupiter – in the constellation Virgo - is getting brighter and heading towards opposition later in the year. It’s visible from about 1130 pm onwards. Jupiter, known as the “King of the Planets,” is so large that 1300 Earths could fit inside.

Our Moon will experience a “penumbral eclipse” on February 11th. A penumbral lunar eclipse occurs when the Moon passes through the Earth's partial shadow, or penumbra. During this type of eclipse the Moon will darken slightly but not completely. Look for the eclipse just after moonrise. The Moon will be a crescent in the southwest as the month begins, reach first quarter on the 4th, and full on the 11th of February. New moon occurs on the 26th.

Here’s wishing you (and me) clear skies. If you have astronomy questions, or would like to visit the observatory, drop me an e-mail at astromanvt@gmavt.net

Who do I talk to about my Annual Pledge? Inquiries regarding your Pledge go to our bookkeeper Heather Seeley who is in the office on Mondays. Call 388-8080 when she’s in or email fm@cvuus.org to contact her anytime. Thank you so much for your pledges.

Calendar year tax statements have been mailed. Contact our bookkeeper Heather Seeley if you have any questions when she’s in the office Mondays or by email fm@cvuus.org.
Rhubarb Festival 2017: To Be or Not To Be

CVUUS volunteers have organized and run a spring event, the Rhubarb Festival (RF), for several years. It has included a number of offerings, including rhubarb foods (especially pies), indoor and outdoor plants, used books, secondhand jewelry, crafts, a rhubarb food-based luncheon, and others. The profits have usually been divided between CVUUS and a local nonprofit, HOPE. Last year the money raised was about $7000. No particular entity within church governance took responsibility for the Festival. It was a labor of love created and recreated by our members. The tentative date for a 2017 event would be Saturday, June 3rd.

Some of those leaders have retired now. So there is no obvious path forward. No committee, established group or task force has the Festival on its “to do” list. It has relied on the leadership and volunteering of many UU members.

The annual event has had numerous positive effects on our congregation in addition to the raising of funds. It has allowed many members and friends to enhance their connections within CVUUS. It has advertised our Society in the greater community, inviting all folks around us to enjoy the buildings and the event at little or no cost. It has promoted “green” ideals in recycling beloved items for others to use and in creating delicious foods and meals from local sources for the enjoyment of all.

The Rhubarb Festivals have been a blessing to many. The current question is: Should the Festival continue and, if so, who will organize it? If you answer “yes” to this query and are willing to work to make it happen, please contact Mary Hadley (hadleyme@juno.com, home 382-8572, or cell 377-2270) to volunteer. Most needed at this time would be interest in leadership positions. If there is little interest, then we can all be thankful for our past successful festivals and look to new pathways to connection in our future.

How would you like to assist or be assisted? Contact a leader or the Office. Follow us at cvuus.org.
CHOIR NOTES

In the midst of the coldest time of year, the days are getting longer and many of us are dreaming of warmer days to follow. But... it’s February, and it’s Vermont, and at CVUUS we’re taking the time to focus inward on Integrity. The first Sunday of February, the 5th, the choir is singing From the Mountains to the Sea, which was commissioned to celebrate the First Annual Meeting of the Northern New England District Unitarian Universalist Association in 2008. Grace Lewis-McLaren, a regular contributor to the UU collection of music, best known for her arrangement of our (nearly) theme song, “Spirit of Life,” is the composer and poet. I love the chorus: "From the mountains to the sea, Work for wholeness, act with compassion. Live with deep integrity: Mend what is broken, sing for love.” I think every choir member would agree that we sing for love. I know the congregants who aren’t in the choir listen with love and sing out on the Sunday hymns with deep feeling. I can see it when I lead the hymns from the front. CVUUS is an amazing group of folks, no question of that. I feel blessed to be among you!

Feb. 12 the choir is celebrating the Sunday with Draw The Circle Wide, a composition by Rev. Mark A. Miller, who attended Seminary with Rev. Barnaby. It is a forward moving piece with broad harmonies and enough repetitions that the congregation will surely be invited to join in the last few times through! Yes, it’s that kind of piece. We will practice clapping on 2 and 4. That’s an inside UUMusician’s joke. Ask me sometime…

Feb. 19 will be the Choir Sunday Off. Feb. 26 brings us to the end of the month and the service led by Naila Baloch, discussing the Islamic view of Integrity. I am working on finding just the right piece of music for the choir to share to coordinate with the presenter and the very timely topic. More to follow in weekly blast!

I just must say, the choir Pot Luck was a lot of fun. We missed regular choir members who couldn’t attend, and hope you come back to sing and party with us soon. We also missed those of you who don’t yet sing in the choir. You may be our newest dear friends. We want to share our voices with yours. Do come sing with us on any Wednesday at 5:45 to 7 pm, and again 3 Sundays a month at 9 am. That’s all the practice we do to bring great topical music to the service each week.

Blessed Be. Your Choir Director, Lucy

I Can’t Keep Quiet Singing Workshop
Sat. Feb. 18, 2—4:30 pm, Sanctuary

Theresa Gleason has organized a singing workshop at CVUUS on Feb. 18, inviting any men and women in Addison County who want to learn I Can’t Keep Quiet (the anthem of the Women’s March—see it on youtube). Lucy will be teaching. Kate Gridley will playing piano, Poppy Rees will be singing the lead. At will donations benefit WomenSafe.
CVUUS Sangha Space

Would you like to give your mind a rest from the everyday challenges of modern life?

Meditation is a way to calm and quiet the mind by focusing on the present moment. What’s going on right now rather than what I did yesterday or what I have to do tomorrow.

Join us on Sunday evenings for an hour of quiet contemplation. We meet from 7 to 8 pm in the Fenn House Chapel, except on holidays.

We spend the first 50 minutes of the evening in silence with two 20 min. sitting meditation periods split by a 10 min. walking meditation. The last 10 minute period is available, for those who want, to share their experience. No meditation experience is necessary. Our format is simple and instruction will be given to newcomers. All are welcome.

Contact Colleen Brown, Richard Swanson or Marsdin Van Order with questions.

Writers’ Group

CVUUS Writers’ Group meets third Monday of the month. We’ve taken the summer and Dec off this year so next one is Feb 20, 3 PM, in the Fenn House chapel.

All are welcome! Bring something to read (with a few copies): fiction, nonfiction, poems. Questions? Contact Nancy Wright (443-8028 or nancymeanswright@gmail.com).

Frequently Asked Questions

What are CVUUS’ office hours? Our office manager Laura Asermily is in the office Tues 10-3, Wed 8-4, Thur 10-2 and Fri 8-12 and can be reached at 388-8080 then or office@cvuus.org. Our bookkeeper Heather Seeley is in the office Mondays 8 am to 3 pm. She can be reached at 388-8080 on Mondays or by email fm@cvuus.org any time. Laura and Heather do not check or respond to messages over the weekends.

How do I schedule a meeting or reserve a space? All requests go through our Office Manager (office@cvuus.org). You can preview availability online at cvuus.org/news/calendar.

How do I schedule a meeting with the minister? Please contact Rev. Barnaby at revbarnaby@cvuus.org or 973-919-2448 if you wish to make an appointment to meet with him. You may also drop in during his office hours on Tues and Wed 2-5 pm.

How can I get a CVUUS Directory? We continuously update our directory and list both members and active attendees (you don’t need to be a member). If you need a copy, let us know and we can email you one or send you a hard copy in the mail. Let us know when any revisions are made to your address, phone number, and/or email so we can have the most current information in our system.

How do I get an announcement into the order of service or weekly email blast? For Sunday announcements, all requests need to be sent to our office by Thursday in order to be considered. We send out our weekly email blast on Wednesday. All requests should be sent to the office by noon Wed. We prioritize CVUUS-related ones. Those involving events or initiatives of outside groups can be posted on our bulletin board.

CVUUS UU’re Home Bed & Breakfast

Would you consider being a host? Middlebury College families with UU ties enjoy lodging with fellow UUs. Please give it some thought and contact me for more.

Johanna Nichols 349-9436 nichols.johanna@gmail.com.

THURSDAY DATE NIGHT!

Introducing FREE evening childcare for young families! For CVUUS families with children ages 11 and younger, our members and friends whose children have left the nest offer care for your children the first and third Thursday evening of each month, from 5:00-7:30 pm, starting February.

We’ll feed your young ones, oversee their homework, help with piano practice, read to them, and supervise quiet activities so you may have some time with your spouse/partner or friend.

Please contact Kate Gridley ONE WEEK IN ADVANCE to sign up, so that we have the right number of chaperones, chefs, and caregivers ready for your children: kmgridley@gmail.com

Feb NIGHTS are: 2/2/17 and 2/16/17 at Fenn House.
CVUUS is blessed with many wise and well-trained individuals beyond Rev. Barnaby capable of providing temporary counseling support to members and friends in various kinds of distress. Sue Grigg and Laurie Borden lead our Pastoral Care Team.

CVUUS Seasons of Life Fund

Our Seasons of Life Fund is a way to share your joy or concern with the CVUUS community. Members and friends can commemorate personal milestones and passages through financial gifts to CVUUS that provide extra money for us to fulfill our mission statement. The names of the donors and the occasions of the gifts are noted in our monthly newsletter. There is no minimum amount and the size of your donation will not be made public. Please consider the Seasons of Life Fund the next time you—or someone you know—want to honor a birthday, marriage, retirement, anniversary, death, or achievement of any sort. We’ve received several in memory of Bob Kellogg. Thank you!

Our Caring Network provides support, such as calls, visits, meals, and rides, to those in need. Please contact Linda Shubert (458-3365 or jlshu68@gmail.com) or Ginny Moser (989-7586 or tvmoser117@gmail.com) for assistance.

We thank all the faithful folk who have participated in our efforts to support our members - providing lots of meals and myriad rides to doctor's offices, doing errands and paying visits. We encourage members of the congregation to call on us. We have an extensive network of willing helpers standing by that we can call or email on your behalf. You can also let us know if you would like to join this network.

Visit www.uua.org to learn about the wider work of UUA and our affiliates. Visit www.cvuus.org to explore our happenings and most current calendar.
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